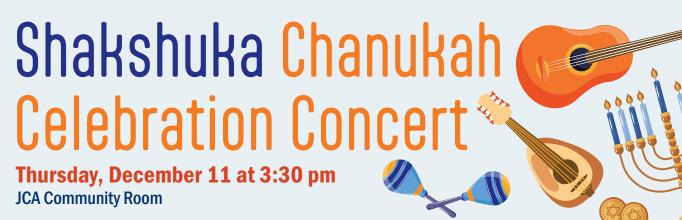
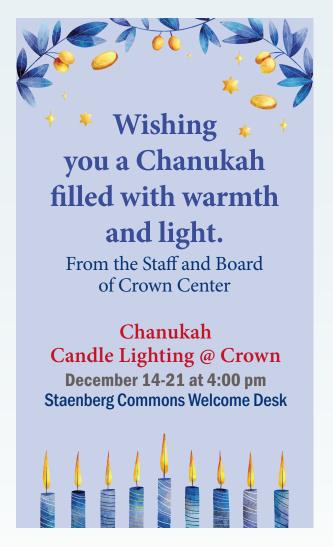


Crown Connection

DECEMBER 2025



Celebrate Chanukah with the Crown Center community. While you enjoy jelly donuts, tap your feet to popular and Israeli folk music performed by the Shakshuka band. All are welcome!





The Friday Movie Club

Fridays at 2:00 pm **JCA Community Room**

Enjoy a Friday matinee with snacks and drinks.

12/5: Karate Kid Legends (2025)

12/12: **The Martian** (2015) 12/19: **Enola Holmes** (2020)

12/26: Christmas with the Kranks

(2004)

Chanukah Cookie **Decorating**

Thursday, December 4 at 3:00 pm JCA Community Room RSVP \$2 See Ad

Documentary: Famous Last Words - Dr. Jane Goodall

Monday, December 8 at 2:30 pm **JCA Community Room**

The last interviews of cultural icons are kept until after their death. Jane Goodall, the famous primatologist who passed away on October 1 at age 91, shares intimate memories and unpublished stories about her life and scientific work.

Baking with Barb

Wednesday, December 10 at 3:00 pm **Culinary Kitchen in JCA Community Room** RSVP \$2 See Ad

Bell Choir with Troy Jones Thursday, December 11 at 11:00 am **JCA Community Room**

Crown hosts a bell choir in which participants can enjoy making beautiful music with friends and neighbors using handheld chimes; no musical training needed. RSVP

Chanukah Concert with Shakshuka

Thursday, December 11 at 3:30 pm JCA Community Room RSVP See Ad



Documentary: **Stand-up Comedy Movie: Your** Friend, Nate Bargatz

Monday, December 15 at 2:30 pm **JCA Community Room**

Nate Bargatze tackles pizza-ordering strategies for guys' night, wanting a second dog and relying on his responsible wife.

CHAMP Assistance Dogs

Tuesday, December 16 at 3:00 pm **JCA Community Room**

Missouri Botanical Garden: **Room With a Bloom**

Thursday, December 18 at 1:00 pm **Art Studio**

Dave Reindl, Missouri Botanical Garden volunteer, comes to share his gardening expertise, seasonal flowers and his warmth and wisdom. Learn about the flowers he brings and take home a sample. RSVP \$2



Documentary:

Listers: A Glimpse into extreme Birdwatching

Monday, December 22 at 2:30 pm **JCA Community Room**

Two brothers on a year-long 'Big Year' competition. They document their journey in a used minivan, traveling across the US to spot as many bird species as possible. This immersive documentary explores the passionate world of competitive birdwatching.

Documentary: Lilith Fair: **Building a Mystery**

Monday, December 29 at 2:30 pm **JCA Community Room**

This documentary explores the 1990s all-female music festival Lilith Fair.



As it gets colder outside, take advantage of Crown Center's indoor fitness opportunities.

FITNESS OPPORTUNITIES

Forever Fitness

Mondays at 1:30 pm Join Leigh Cohen for this Senior Chair Fitness Program designed to promote health, happiness, and a sense of community. This program offers a safe and joyful group exercise experience that focuses on balance, strength, cardio, and flexibility all while having fun, making friends, and creating moments to look forward to. Every session is a step toward a healthier, happier you!

Tai Chi

Tuesdays at 3:30 pm Experience Qigong Taiji 18 – a gentle yet powerful series of movements for all levels. This flowing form harmonizes breath, body, and mind. Designed to be practiced standing or seated, it helps reduce stress, improve balance, and enhance vitality. The class will be taught by Yan Xie, an instructor dedicated to sharing the beauty, power, and health benefits of this centuries-old art.

> ◆ Crown hosted the Oasis Jazz Band and swing dancers for an afternoon of music and fun.

@CROWN

All fitness classes will be in the Weinberg Wellness Center

Fitness Fun

Wednesdays 12/3, 12/10, 12/17 at 1:30 pm

This 30-minute exercise class, led by AW
Healthcare PTA Diane
Haudrich, focuses on
strength and balance,
all while seated in a chair
if participants prefer. Be
energized by background
music as you work out
with your friends.
AW Healthcare is a home
health agency that serves

AW Healthcare is a home health agency that serves the medical and personal needs of their patients who are of all cultures and nationalities.

Chair Grooves

Fridays 12/5, 12/12, 12/19 at 1:30 pm

Join Jazz Movement
Artist Erin Morris for a
fun dance class at Crown
Center emphasizing
great music and
coordination. Explore
footwork, rhythms, arm
movements, and musical
sequences in a fun and
engaging way. No
experience needed – just
come ready to move.
No standing or weight
bearing required.



- ◀ Crown residents and community seniors celebrated the High Holidays with musical entertainment.
- ◆ Crown's Garden Society group tended to our raised garden beds during a successful season of growing fresh herbs and produce.
- ► Enjoying Friday morning coffee together





▲ Crown residents were entertained by Wash U students at the Chinese Autumn Festival.





8350 Delcrest Drive St. Louis, MO 63124-2166

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Call us (314) 991-2055 Find us online www.crowncenterstl.org

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202	Monde	<i>iy</i>	Tuesd	ay	Wednesda	y	Thursday	Fria	lay
ECEMBER 2	Impossible Meat Tac Fruit	0S	Veggie & Cheese Piz Salad	zza	Sloppy Joe Fruit		Falafel Patties Couscous	Bagel & Lox Soup	
M		Ι	MEAL DELIVERY	2		3	MEAL DELIVERY 4		5
	Grilled Cheese Soup		Impossible Meatloa Fruit	f	Roasted White Fish Soup		Lo Mein Soup	Bagel & Lox Fruit	
		8	MEAL DELIVERY	9	1	0	MEAL DELIVERY II		12
	Grilled Salmon Salad		Vegetable Lasagna Soup		Impossible Burger Soup		Couscous Salad Fruit	Egg Salad Soup	
	Chanukah	15	MEAL DELIVERY	16	I	7	MEAL DELIVERY 18		19
	Impossible Meatball Fruit	S	Caprese Panini Fruit		Pancakes & Eggs Fruit		Veggie & Cheese Omelet Fruit	Tuna Casserole Fruit	
		22	MEAL DELIVERY	23	2	4	25		26
	Egg Burrito Fruit	29	Beyond Bratwurst Sauerkraut Fruit MEAL DELIVERY	30	Loaded Baked Potato Fruit	31	The Circle@Crown Cafe office will be clos	e and the Crown Cen ed December 25.	ter
	For Meal Program information, call: (314)991-2055				All meals include a fruit or vegetable and a dessert. \$5 suggested donation per meal				